



Rayat Shikshan Sanstha's

Chandraroop Dakle Jain College of Commerce, Shrirampur

Date: 17/04/2022

Notice

All the Students are hereby informed that the Department of Physical Education and Sports in collaboration with IQAC and Physical Fitness Training programme on 18th to 22nd OCT 2021 for the students. This programme covered Warm up Exercise, Yoga, Gym Exercise,

IQAC and Department of Physical Education organised a Workshop on the topic "Importance Physical Fitness" The trainer will focus on the topic Current trend in Physical Fitness with the sport fitness exercise. This 5 day workshop for students to develop physical abilities.



Dr. Suhas Nimbalkar

Principal,
C. D. Jain College of Commerce
Shrirampur



Rayat Shikshan Sanstha's
**Chandraroop Dakle Jain College of Commerce,
Shrirampur, Dist. - Ahmednagar**



NAAC Re-accredited "A" Grade (CGPA 3.14)

Importance Physical Fitness

Program Schedule

:: Date ::
19th April 2022

:: Time ::
9.30 am

- | | |
|-----------------------------------|---|
| ★ Welcome Speech and Introduction | : Mr. Vivek M More
IQAC, Co-ordinator |
| ★ Presidential Address | : Hon. Dr. Suhas Nimbalkar,
I/C Principal, C.D. Jain College of Commerce,
Shrirampur. |
| ★ Chief Guest & Speaker | : Mr. Vishal Pawar
Co-ordinator |
| ★ Vote of Thanks | : Mr. Balasheb Shelke |
| ★ Anchoring | : Ms. Jejurkar M. R.
M.Com, SET, NET |

Importance Physical Fitness

Report

18th to 22nd OCT 2021

IQAC suggested to Sport Department to Increase the Physical fitness of the students through fitness training programme for the students. Physical fitness provides strong bones and muscles, leads to better health and well-being, prevents various health problems, and reduces the risk of several diseases.

The Trainer Mr. Vishal Pawar and Mr. Shelke Balasaheb perform the Physical exercise and explain the benefits of the exercise. How you can go to increase the own fitness along help your family with small exercises.

Exercise to reduce your risk of heart disease, active lifestyle, bones strengths, perform work, faster recovery of muscle all exercises actively done by the students.

- This five days programme performs mentioned as follows
- Warm-up and stretching activities
- Endurance training
- Flexibility training (best when done after endurance training)
- Recreational activities
- Resistance training
- Cool-down and stretching activities

62 students participated in the training programme.



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